

## REGIONAL SCHOOL DISTRICT #10

### School District Profile

<b>School District:</b>	Regional School District #10	<b>Grades:</b>	K-12	<b>Enrollment:</b>	2,800
<b>Number of Schools:</b>	4	<b>Education Reference Group (ERG):</b>	C		
<b>Team Leader:</b>	Phyllis Jones, K-12 Health and Physical Education Coordinator	<b>Phone:</b>	(860) 673-0423	<b>E-mail:</b>	jonesp@region10ct.org
<b>Address:</b>	Lewis Mills High School 26 Lyon Road Burlington, CT 06013	<b>Website:</b>	<a href="http://www.region10ct.org">http://www.region10ct.org</a>		

#### School Health Team in Place before Pilot Project:

Yes, but the team did not address nutrition or physical activity issues.

#### School Health Team Members:

Curriculum director, school nurse, school food service, parent representative, health and physical education coordinator, health teacher, physical education teacher and representative from the American Cancer Society

#### Other People Who Should Have Been Included on the School Health Team:

We could have included someone from the guidance, social work, school psychologist area. We have asked an elementary school psychologist to join our School Health Team.

#### Policy Adoption:

The policies were adopted by the board of education on March 14, 2005.

**Number of Times School Health Team Met:** 8

**Length of Each Meeting:** 30-45 minutes

#### Continuation of School Health Team after Pilot Completion:

The School Health Team will meet two or three times per year to strategize methods of promoting the new policy.

#### Process for Identifying and Prioritizing Program Improvement Needs:

We looked at the state guidelines, upcoming state policy changes, the Connecticut frameworks in health and physical education, and the *School Health Index*.

#### Steps Used for Policy Development and Adoption:

1. Existing model drafts were used to write a draft policy. We used a draft that was provided at one of our policy workshops, along with another policy for its language. NASPE's *Appropriate Practices in Physical Education*, Connecticut state standards in health and physical education and the *School Health Index* were also used as references.
2. The draft policy was distributed to the team. We spent two meetings revising the draft policy.
3. The revised draft policy was submitted to the superintendent.
4. The superintendent distributed it to school principals and school district attorneys for review and editing.
5. The revised policy was brought to the board of education for approval.

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#### **Challenges to the Policy Development Process:**

- We had few challenges due to the commitment by the board of education and the school staff.
- Our next challenge will be educating staff members and parents about healthy choices for snacks and celebrations.

#### **Successes with the Policy Development Process:**

- We held our meetings at 6:45 am. Because of the early hour, our meetings were very organized and focused. We had an agenda distributed beforehand and a very specific amount of time allotted for our meetings, due to teaching responsibilities. This kept us very focused and on-task, making our meetings very productive.
- We started our policy development work with an existing policy and then made revisions. Revisions at each stage were made and distributed before each meeting to allow participants to read and make suggestions before the next meeting.
- We increased our district's awareness of school lunch and its importance. Our lunch program is now offering a wider selection of healthy food choices.

#### **Critical Resources Needed to Ensure Success with Policy Development:**

- Administrative support – without it, the process can't work.
- A strong commitment from the team. Our team's cooperation and input was fantastic.
- Money is also a factor, because healthy food costs more.

#### **Characteristics Important to an Effective, Productive and Successful School Health Team:**

- Keep the size of the team workable, e.g., 8 to 10 members. We thought our team of eight members was a good size.
- Make sure the team is committed to a wellness philosophy and providing a healthier lifestyle for students.

#### **Activities Conducted as a Result of Work on the School Nutrition Policies Project:**

- Promotional activities are ongoing, and we plan on continued work using our district goal.
- We have scheduled monthly informational e-mails to our faculty and parents containing a brief introduction with one or two attachments. The attachments include the *Healthy Celebrations* and *Alternatives to Food as Rewards* handouts along with other informational notices. Our plan is to keep the information short, focused and ongoing throughout the year.

#### **Strategies for Promoting Adoption and Districtwide Support of the Policies:**

- Meetings at district in-service days.
- Article for the district's newsletter which contains the same information and attachment notice that is going out monthly by e-mail. A hard copy is sent in each building's or district's newsletter.
- Monthly e-mails with informational attachments to keep faculty and parents focused on the new policy.

#### **Strategies for District Implementation of the Policies:**

- We conduct promotional activities with the School Health Team serving as consultants for each building. Each month, the School Health Team member e-mails two implementation strategies to school staff members. These strategies are from the State Department of Education handouts *Alternatives to Food as Reward*, *Healthy Celebrations* and *Healthy Fundraising*.
- Information was provided to parents through a parent newsetter.
- Policy implementation is discussed and promoted along with the other district goals.

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### **Methods for Evaluating Success of District Implementation of the Policies:**

- Staff and school feedback.
- Student work.
- Teacher observations.
- School lunch assessments.

### **Recommendations for Success with the Policy Development Process:**

- Make sure you have administrative support and involvement.
- Start with a model draft policy and work from that.
- Keep your school health team to 8 to 10 members.
- Plan each meeting with an agenda, distribute it and stick to it.

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**Policies**

*Regional School District #10  
Approved Policy*

**Regional School District #10**

**5141.5  
4141**

**Students**

**WELLNESS**

The Regional School District #10 Board of Education recognizes the importance of promoting good student/staff nutrition and a healthy school environment. To this end, the Board authorizes the administration to develop an integrated nutrition program to provide students/staff with the skills and support to adopt healthy eating behaviors, obtain positive nutritional status and achieve improved academic success.

Additionally, the district shall take the appropriate measures to implement a comprehensive nutrition/health curriculum, promote healthful student eating through the provision of a well-balanced and nutritionally sound school lunch program, promote the consumption of appropriate portions of healthy foods and beverages at designated times in classrooms, and encourage increased physical activity for students during and after the school day, where appropriate.

Regional School District #10 is determined to create a healthful environment for our students and staff. With a collaboration of health, physical education, support services and food services, we believe that we can educate our community to make healthy and positive choices regarding physical activity and nutrition.

The school administration and nutrition committee shall develop guidelines indicating a plan of action for implementing this policy.

Legal Reference: Public Act 04-224 (An Act Concerning Childhood Nutrition in Schools, Recess and Lunch Breaks).

Policy Adopted: March 14, 2005

## REGIONAL SCHOOL DISTRICT #10

### *Regional School District #10 Approved Regulations*

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#### Students

#### **WELLNESS GUIDELINES**

The Regional School District #10 Public School District shall undertake the following actions to promote sound nutrition and health practices for students in school consistent with Board policy.

The nutrition curriculum will provide comprehensive and sequential nutrition education as part of the wellness curriculum and include:

- Promote positive nutritional standards dealing with healthy lifestyle management, eating disorders, body image, and adequate nutrient intake (such as carbohydrates, proteins, fats), and weight management practices.
- Promote consumer education in developing skills, such as label reading and evaluating influence of media on food selection, enabling students to evaluate food products.
- Consider recommendations from the Nutrition Advisory Committee in developing curriculum.

The physical education curriculum will be in compliance with state physical education and health requirements, and in addition will promote:

- The benefits of physical activity, good nutrition and fitness.
- Physical activity being incorporated into classroom routines where appropriate.
- All physical education classes to include at least 50 percent of moderate to vigorous activity in all or most lessons.
- Recess games and activities in the K-5 curriculum.
- Rubrics that objectively evaluate and encourage active participation in physical education in all classes K-12.
- During inclement weather, efforts should be made to provide an indoor back-up plan for physical education and recess.
- Periodic and ongoing programs to increase the activity and positive nutritional choices for faculty and staff members.
- Use by faculty and staff of facilities and equipment before and after school.
- Nutritional snacks during meetings, workshops and school functions.

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### **WELLNESS GUIDELINES (cont.)**

Regional School District #10 will maintain a Nutrition Advisory Committee that will meet periodically. Members shall include Board of Education representative(s), teachers, nurse, wellness coordinator, representative of the cafeteria food services provider, students and community members. The mission of the committee will be as follows:

*To combat the current obesity and obesity related diseases in children and adolescents, by creating an environment that promotes physical activity and establishes a healthy foundation that allows students to reach their full academic potential.*

The committee should create and review school food practices in the following areas to support its mission statement:

#### **A. Food Service Program**

1. Review and recommend to Superintendent annually a price structure that encourages healthy choices and maintains the quality of the food service program.
2. All full-day students will have a daily lunch period of not less than 20 minutes.
3. Encourage menu choices linked with nutrition education curriculum.
  - Promote pre-cut raw fruit and vegetable offerings.
  - Limit high-fat choices.
  - Eliminate oil-fried foods.
  - Increase vegetarian choices.
  - Provide drink choices to include water, milk (whole, flavored low-fat milk, skim, etc.) and 100 percent juices in appropriate serving sizes.
  - A la carte items will meet the following criteria:
    - High-fat, high-sugar and lower-nutrient snack foods will be limited to no more than twice per month.
    - Low-fat, low-sugar, high-nutrient snacks (such as baked chips and crackers, graham crackers, frozen fruit bars, low-fat string cheese, low-fat yogurt, dried fruits) will be promoted.
    - Fresh fruits and/or vegetables will be offered daily.
    - Inclusion of snack-bar foods of minimal nutritional value should not be promoted.
4. Provide periodic food promotions to encourage taste testing of healthy new foods being introduced on the menu.
5. Conduct student and family food preference surveys to develop and revise school lunch menu items.

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### **WELLNESS GUIDELINES (cont.)**

6. Maximize use of food service provider resources such as nutritional planning, healthy eating promotions, dietitian consultation, special events, etc.
7. Recognize and accommodate individual students' cultural and medical concerns.
8. When feasible, coordinate participation with local farmers to promote locally grown fruits and vegetables.

### **B. Nutrition Practices in Classroom**

- Encourage the use of healthy snacks in appropriate portion sizes.
- Discourage the use of food as either an incentive or a reward for good behavior or academic performance.
- Encourage healthy party menus and nonfood alternatives for birthday celebrations.

### **C. Fundraising Activities**

- Encourage nonfood promotional activities.

### **D. Parent/Guardian/Staff Information**

Nutritional information should be provided to parents and staff members through newsletters, publications, health fairs, and other activities focusing on, but not limited to:

- Healthy snack ideas
- Healthy lunch ideas
- Healthy breakfast ideas
- Nonfood birthday celebration ideas
- Calcium needs of children
- Healthy portion sizes
- Food label reading guidelines
- Fun activities to encourage increased physical activity inside and outside of school

February 4, 2005

## REGIONAL SCHOOL DISTRICT #10

### *Regional School District #10 Approved Policy*

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#### Personnel – Certified/NonCertified

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